

Monja

Barranco de la Monja, Las Lajas

Info: The quality of this description has not been checked yet or was rated bad. If you know this canyon, please check this description and file a report with a rating for this description using <i>Reports</i> -> <i>+New Report</i> . Should you notice any error, please let us know or join the community in order to fix this description yourself.		
Create: 2023-11-20 21:13:36	Update: 2026-03-31 10:45:21	Print: 2026-06-17 12:06:04
Country: España / Spain Region: Canarias / Canary Islands Subregion: Santa Cruz de Tenerife Town: Buenavista del Norte		
Difficulty: extreme difficult	Grading: v7 a5 V	Total time: 5h25
Approachtime: 25min	Tourtime: 5h	Returntime: 0min
Altitude entry: 515m	Altitude exit: 0m	Delta Altitude: 515m
Canyon length: 850m	Highest rapell: 300m	Amount rapells:
Transport:	Rock type:	Drainage area: km ²
Season:	Orientation:	Best Time:
Rating: ★ 2.6 (1)	Info: ★ 0 ()	Belay: ★ 0 ()
Specialities:		
Gear:		
Summary: (machine translated) It is the most extreme canyon in Tenerife.		
Hydrology:		
Access: (machine translated) In Teno Alto, turn right onto the first dirt road to reach the small road to La Mulata, then turn left and park a little further on near a cattle farm (cows). About 2 km from the crossroads in Teno.		
Approach: (machine translated) From the corral, follow the dirt road to the right and then turn left into a fork. Then walk on sight through the hills until you reach the beginning of the canyon.		
Tour: (machine translated) It is the most extreme canyon on Tenerife. The beginning is very varied, with moderately difficult rappels and beautiful rock formations. The end is a 300 meter high waterfall with an intermediate ledge. There are 14 rappels in total. The large waterfall is divided into 6 parts: 46 m + 50 m + 60 m + 16 m and after the large ledge 40 m + 82 m. At the first rappel of the large waterfall step you have to swing 6 meters, orographic left, at the next rappel you have to swing 3 meters to the right. - Very technical canyon. Strong friction on the ropes. - Pay particular attention to the swell: the sea must be very calm so that you can swim to the boat. Find out about the sea conditions and consult with the boat driver. - Beware of strong winds during the last rappel, risk of the ropes becoming entangled. - Inform yourself thoroughly about the regulations of the Teno Park		
Return: (machine translated) There is no land route for the return journey. It is essential that you are picked up by boat: You must therefore book a boat first. There are three different options for the way back: Punta de Teno, Buenavista del Norte or Puerto de los Gigantes. A5 for the distance you have to swim in the sea to the boat. A1 for the canyon.		

Coordinates:

Canyon Start [28.3606 -16.8869](#)





Canyon End [28.3648 -16.8872](#)

Parking at Entry [28.3530 -16.8867](#)

Reports:

2024-06-16 | System User |   | |

Información: Partes de la descripción del cañón se han importado automáticamente. Concretamente, los campos Ruta GPS, Topografía de <https://www.docuwiki.infobarrancos.es/doku.php?id=barrancos:canarias:monja>

2023-03-09 | System User |   |   | |

Daten importiert von <https://www.descente-canyon.com/canyoning/canyon/24116/Monja.html>